

MENU PATTERN REQUIREMENTS

The CACFP meal patterns require Institutions to serve meals that meet the nutritional needs of all participants (Infants, Children, and Adults). Each meal pattern is consistent with the Dietary Guidelines for Americans and assist's the menu planner in providing well-balanced meals and snacks that provide the appropriate amount of energy and nutrients for each participant. This section outlines 7 CFR Part 226.20.

The meal pattern is made up of four food components, with minimum portion sizes required for a reimbursable breakfast, lunch, supper and snack for specific age groups of participants.

Institutions must serve at least the minimum required portion sizes of all meal pattern food components to each age group.

Meal Components

Four components, or food groups, make up the CACFP meal pattern requirements:

- Milk,
- Meat/Meat Alternate,
- Vegetable/Fruit, and
- Grains/Breads

Each meal served in CACFP shall contain, as a minimum, the indicated food components:

BREAKFAST

The following three components are required:

Milk

Fluid milk as a beverage or on cereal, or used in part for each purpose

Vegetable/Fruit

Vegetable(s) or fruit(s) or full- strength vegetable or fruit juice, or any combination of these foods

Grains/Breads

Whole-grain or enriched bread; or cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or whole-grain or enriched or fortified cereal; or cooked whole-grain or enriched pasta or noodle products such as macaroni, or cereal grains such as rice, bulgur, or corn grits; or any combination of these foods.

LUNCH

The following four components are required:

Milk

Fluid milk as a beverage

Meat/Meat Alternate

- Lean meat, poultry or fish;
- Alternate protein products; or cheese; or
- An egg; or cooked dry beans or peas; or

- Peanut butter; or
- Any combination of the above meat/meat alternates.

The following meat/meat alternate foods must be served in a main dish, or in a main dish and one other menu item, to meet this requirement:

- Cooked dry beans or dry peas may be used as the meat alternate or as part of the vegetable/fruit component but not as both food components in the same meal.
- Nuts and seeds and their butters listed in FNS Food Buying Guide or Crediting Guide are nutritionally comparable to meat or other meat alternates based on available nutritional data. Nuts or seeds may be used to meet no more than one-half of the meat/meat alternate requirements. Therefore, nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement
- Acorns, chestnuts, and coconuts **shall not** be used as meat alternates due to their low protein content.
- Nut or seed meals or flours may be used as an ingredient in a bread/ bread alternate, **but shall** not be used as a meat alternate except as defined below under “Alternate Foods for Meals” later in this section.

Yogurt may be used to meet all or part of the meat/meat alternate requirement for children ages one and older and adult participants. Yogurt is not creditable in the infant meal pattern.

- Yogurt served may be plain or flavored, unsweetened or sweetened.
- Noncommercial and/or non-standardized yogurt products, such as frozen yogurt, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit and/or nuts or similar products shall not be credited.
- Four ounces (weight) or 1/2 cup (volume) of yogurt fulfills the equivalent of one ounce of the meat/meat alternate requirement in the meal pattern.

Vegetable/Fruit (two different servings of component required)

- Two or more vegetables or fruits, or a combination of both.
- Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement;

Grains/Breads

- Whole-grain or enriched bread; or cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or
- Whole-grain or enriched pasta or noodle products such as macaroni, or
- Cereal grains such as rice, bulgur, or corn grits; or
- Any combination of the above grains or breads.

SUPPER

Supper shall contain the food components and servings listed for lunch above, except that, for adult participants in adult day care centers, it does not require a serving of fluid milk.

SNACKS

Snacks shall contain two of the following four components:

Milk

Fluid milk as a beverage, or on cereal, or used in part for each purpose;

Meat or meat alternate

- Lean meat, poultry or fish;
- Alternate protein products; or cheese; or
- An egg; or cooked dry beans or peas; or
- Peanut butter; or
- Any combination of the above meat/meat alternates.

- Cooked dry beans or dry peas may be used as the meat alternate or as part of the vegetable/fruit component but not as both food components in the same meal.
- Nuts and seeds and their butters listed in FNS Food Buying Guide or Crediting Guide are nutritionally comparable to meat or other meat alternates based on available nutritional data.
- Acorns, chestnuts, and coconuts are excluded and **shall not** be used as meat alternates due to their low protein content.
- Nut or seed meals or flours **shall not** be used as a meat alternate except as defined below under “Alternate Foods for Meals” later in this section.

Yogurt may be used to meet all or part of the meat/meat alternate requirement for children ages one and older and adult participants. Yogurt is not creditable in the infant meal pattern.

- Yogurt served may be plain or flavored, unsweetened or sweetened.
- Noncommercial and/or non-standardized yogurt products, such as frozen yogurt, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit and/or nuts or similar products shall not be credited.
- Four ounces (weight) or 1/2 cup (volume) of yogurt fulfills the equivalent of one ounce of the meat/meat alternate requirement in the meal pattern.

Vegetable/Fruit

- Vegetable(s) or fruit(s) or full- strength vegetable or fruit juice, or
- Any combination of the above vegetables/fruits.
- For children, juice may not be served when milk is served as the only other component;

Grains/Breads

- Whole-grain or enriched bread; or
- Cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or
- Cooked whole-grain or enriched pasta or noodle products such as macaroni, or
- Cereal grains such as rice, bulgur, or corn grits; or
- Any combination of the above grains/breads.

Feeding Meals to Infants

Institutions must offer Program meals that meet the infant meal pattern to all infants enrolled in care at the center or home. An infant's parents or guardians may, at their discretion, decline the center or home offered infant formula and supply expressed breastmilk or a creditable infant formula for the infant to consume. To receive reimbursement, the center or day care home's caregiver must serve and feed the infant a developmentally appropriate meal. Meals served to infant's ages 0 through 3 months containing only breastmilk and/or iron-fortified infant formula that is provided by parents or guardians are reimbursable.

Centers and homes that provide care for infants must provide to parents and maintain a signed Infant Benefit Notification and Acknowledgement Form for all infants in care. The form describes the infant meal pattern and provides parents the option to accept the centers or homes offered formula or to provide their own formula or expressed breast milk. The Infant Benefit Notification and Acknowledgement Form are located in MyIdahoCNP under download forms. Note: Facilities and Institutions are not required to offer more than one approved infant formula.

Meals served to infant's age's birth through 11 months must meet the requirements described below and in the Infant Meal Pattern Table. Foods included in the infant meal must be of a texture and a consistency that are appropriate for the age of the infant being served. The foods must be served during a span of time consistent with the infant's eating habits.

BREAST MILK AND IRON-FORTIFIED FORMULA

Either expressed breast milk or iron-fortified infant formula, or portions of both, must be served for the entire first year. Meals containing expressed breast milk and meals containing iron-fortified infant formula supplied by the facility or Institution are eligible for reimbursement. However, infant formula provided by a parent (or guardian) and breast milk fed directly by the infant's mother, during a visit to the facility or Institution, contribute to a reimbursable meal only when the facility or Institution supplies at least one component of the infant's meal. Reimbursement for this type of infant meal recognizes the labor involved in serving meals to infants. Formula or breast milk mixed into infant cereal may not be credited toward meeting the minimum portion size of fluid formula or breast milk required on the meal pattern.

Expressed breast milk provided by the mother should be properly identified and labeled with the infant's name and the date the milk was collected. Breast milk identified for a particular infant should only be served to that infant. Breast milk should be stored and handled according to applicable state and local laws and regulations governing health and safety standards.

Note: The Academy of Breastfeeding Medicine recommends a storage time of 72 hours for refrigerated breastmilk. Accordingly, in an effort to follow current scientific recommendations, the length of time a center or day care home may keep refrigerated bottles of fresh breastmilk is being extended to 72 hours from the time it was collected. Bottles of fresh breastmilk must be stored in a refrigerator kept at 39° Fahrenheit or below. This change supports breastfeeding practices and increases flexibility for centers and day care homes. FNS will update the *Feeding Infants: A Guide for Child Nutrition Programs* (<http://www.fns.usda.gov/tn/feeding-infants-guide-use-child-nutrition-programs>) to reflect this change. Centers and day care homes should continue to follow all other breastmilk handling and storage guidelines listed in *Feeding Infants: A Guide for Child Nutrition Programs*.

Infant formula offered by the facility or Institution must be commercially prepared and iron-fortified. The Food and Drug Administration (FDA) defines iron-fortified infant formula as a product "which contains 1 milligram or more of iron in a quantity of product that supplies 100 kilocalories when prepared in accordance with label directions for infant consumption" [21 CFR 107.10(b)(4)(i)]. The number of milligrams (mg) of iron per 100 kilocalories (calories) of formula can be found on the nutrition facts label of infant formulas.

Formula prepared from powder or concentrate must be diluted according to manufacturers' instructions. The facility or Institution must have a written plan for mixing formula, sanitizing bottles and nipples and storing prepared formula to meet State and local health and safety standards.

Cows' milk in any form (whole, 2%, 1%, or nonfat) may not be served to infants under 12 months of age without a medical statement form signed and certified by a licensed physician (M.D.), physician assistant, nurse practitioner, or dentist. The statement must explain the need for the substitution and must be kept on file by the center or day care home.

Formulas classified as Exempt Infant Formulas by FDA may be served as a part of a reimbursable meal if the substitution is supported with a medical statement signed and certified by a licensed physician (M.D.), physician assistant, nurse practitioner, or dentist. The statement must be submitted and kept on file by the center or day care home.

USDA National Office no longer updates and maintains the list of Iron-Fortified Infant Formulas That Do Not Require a Medical Statement because new and re-formulated infant formula products are continually being developed making the list not all-inclusive and causing confusion regarding what formulas are reimbursable.

In its place, SDE or child care facility or Institution may use the following criteria to determine whether or not a formula is reimbursable under the CACFP without the need of a medical statement:

- Ensure that the formula is not an FDA Exempt Infant Formula. An exempt infant formula is an infant formula labeled for use by infants who have inborn errors of metabolism or low birth weight, or who otherwise have unusual medical or dietary problems, as defined in 21 CFR 107.3.
- Look for the statement "Infant Formula with Iron" or a similar statement on the front of the formula

- package. All iron-fortified infant formulas must have this type of statement on the package.
- Use the nutrition facts label as a guide to ensure that the formula is iron-fortified.
- The nutritive values of each formula are listed on the product's nutrition facts label. To be considered iron-fortified, an infant formula must have 1 mg of iron or more per 100 calories of formula when prepared in accordance with label directions.

It is important to be aware that all infant formulas sold in the U.S. must meet the nutrient specifications outlined by FDA. If a formula is purchased outside of the U.S., it is likely that the formula is not regulated by the FDA and therefore may not be credible under the CACFP.

SDE will contact FNS Western Regional Office (WRO) in situations where the creditability of an infant formula is uncertain.

FRUIT JUICE

Juice should not be offered to infants until they are 6 months of age and ready to drink from a cup. Feeding fruit juice only from a cup will help develop behaviors that may prevent early childhood caries. Fruit juice served as part of the meal pattern for infants 8 through 11 months must be full-strength.

SOLID FOODS

Solid foods of an appropriate texture and consistency are required only when the infant is developmentally ready to accept them. The facility or Institution should consult with the infant's parent (or guardian) in making the decision to introduce solid foods. Solid foods should be introduced one at a time on a gradual basis with the intent of ensuring the infant's health and nutritional well-being.

DHA ENRICHED INFANT FOODS

Docosahexaenoic acid, known as DHA, is an omega-3 fatty acid that may be added to infant formulas and infant foods. While the science is mixed on the benefits of DHA and ARA (arachidonic acid, another omega-3 fatty acid), some studies suggest they may have positive effects on visual function and neural development.

According to the American Academy of Pediatrics, there is no current convincing evidence to delay the introduction of foods considered to be highly allergic, including eggs. Based on this, FNS is now allowing single-ingredient infant foods containing DHA to be creditable in the CACFP infant meal pattern. Child care centers and day care home providers now may serve infant foods containing DHA, as long as they meet all other crediting requirements.

Infant Meal Pattern

Infant meals must have, at a minimum, each of the food components indicated, in the amount that is appropriate for the infant's age. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered. In these situations, additional breast milk must be offered if the infant is still hungry. Meals may include portions of breast milk and iron-fortified infant formula as long as the total number of ounces meets, or exceeds, the minimum amount required of this food component. Similarly, to meet the component requirements for vegetables and fruit, portions of both may be served.

The specific amount and type of food required for reimbursable meals changes, as infants get older. Infants are grouped into three age categories for infant meal pattern purposes:

- Birth through 3 months
- 4 through 7 months
- 8 through 11 months

BIRTH THROUGH 3 MONTHS

Only breast milk or iron-fortified formula is required to meet the infant's nutritional needs.

Breakfast, Lunch, Supper and Snack

4 to 6 fluid ounces of breast milk or iron-fortified infant formula

4 THROUGH 7 MONTHS

Breast milk or iron-fortified formula is required. Some infants may be developmentally ready for solid foods of an appropriate texture and consistency. Meals are reimbursable when facilities or Institutions provide all of the components in the meal pattern that the infant is developmentally ready to accept.

Breakfast

- 4 to 8 fluid ounces of breast milk or iron-fortified infant formula; and
- 0 to 3 tablespoons of iron-fortified dry infant cereal.

Lunch or supper

- 4 to 8 fluid ounces of breast milk or iron-fortified infant formula; and
- 0 to 3 tablespoons of iron-fortified dry infant cereal; and
- 0 to 3 tablespoons of fruit or vegetable.

Snack

- 4 to 6 fluid ounces of breast milk or iron-fortified infant formula.

8 THROUGH 11 MONTHS

Breast milk or iron-fortified formula and solid foods of an appropriate texture and consistency are required. Meals are reimbursable when facilities or Institutions provide all of the components in the meal pattern that the infant is developmentally ready to accept.

Breakfast

- 6 to 8 fluid ounces of breast milk or iron-fortified infant formula; 2 to 4 tablespoons of iron-fortified dry infant cereal; and 1 to 4 tablespoons of fruit or vegetable.

Lunch or Supper

- 6 to 8 fluid ounces of breast milk or iron-fortified infant formula; 2 to 4 tablespoons of iron-fortified dry infant cereal; and/or 1 to 4 tablespoons of meat, fish, poultry, egg yolk, or cooked dry beans or peas; or 1/2 to 2 ounces (weight) of cheese; or
- 1 to 4 ounces (volume) of cottage cheese; or 1 to 4 ounces (weight) of cheese food or cheese spread; and 1 to 4 tablespoons of fruit or vegetable.

Snack

- 2 to 4 fluid ounces of breast milk, iron-fortified infant formula, or full strength fruit juice; and
- 0 to 1/2 slice of crusty bread (if developmentally ready) or 0 to 2 cracker type products (if developmentally ready), which are made from whole-grain or enriched meal or flour, and suitable as a finger food for an infant.

TRANSITIONAL PERIOD

A one-month period, between 12 and 13 months, is allowed for participants to transition from infant formula to cow's milk. Meals containing infant formula served to 12-month-old participants qualify for reimbursement without a Medical Statement for Food Substitutions Form. Breastmilk continues to be considered an acceptable milk alternative for children over 12 months of age.

Meals containing infant formula that are served to children 13 months and older are reimbursable when it is supported by a medical statement signed and certified by a licensed physician (M.D.), physician assistant, nurse practitioner, or dentist. The statement must explain the need for the substitution and must be kept on file by the center or day care home.

Infant Meal Pattern Table

The minimum amounts of food components to serve to infants

USDA Meal Pattern Requirements For Infants			
Age	Breakfast	Lunch or Supper	Snack
0 - 3 months	4-6 fluid ounces iron-fortified formula or breast milk	4-6 fluid ounces iron-fortified formula or breast milk	4-6 fluid ounces iron-fortified formula or breast milk
4 - 7 months	4-8 fluid ounces iron-fortified formula or breast milk When Developmentally Ready: 0-3 Tbsp. iron-fortified infant cereal	4-8 fluid ounces iron-fortified formula or breast milk When Developmentally Ready: 0-3 Tbsp. iron-fortified infant cereal When Developmentally Ready: 0-3 Tbsp. fruit and/or vegetable	4-6 fluid ounces iron-fortified formula or breast milk

8 -11 months	6-8 fluid ounces iron-fortified formula or breast milk; and 2-4 Tbsp. iron-fortified infant cereal; and 1-4 Tbsp. fruit and/or vegetable	6-8 fluid ounces iron-fortified formula or breast milk; and 2-4 Tbsp. iron-fortified infant cereal; and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans or peas; or $\frac{1}{2}$ - 2 oz. cheese; or 1-4 oz. (volume) cottage cheese; or 1-4 oz. (weight) cheese food or cheese spread; and 1-4 Tbsp. fruit and/or vegetable	2-4 fluid ounces iron-fortified formula or breast milk or 100% fruit juice When Developmentally Ready: $\frac{1}{2}$ slice bread or 0-2 crackers (made from whole grain or enriched flour)
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Meal Patterns for Children Age 1- 12 and Adult Participants

When individuals over age one participate in CACFP, the total amount of food authorized in the meal patterns below shall be provided in order to qualify for reimbursement.

The meal pattern divides participants, ages 1 through 12 years, into 3 age groups:

- 1 through 2 years
- 3 through 5 years
- 6 through 12 years

The child meal pattern reflects the amount of food required for normal growth and development of children. Children should be encouraged, but never forced, to eat all foods offered

The charts that follow show the required components for snacks and meals, with the minimum required serving sizes. Because older children have greater calorie needs, facilities and Institutions may serve larger portions to satisfy a child's appetite. Please remember that all food components (menu items) of the meal or snack must be served to each child all at the same time (unitized) [7 CFR 226.20].

Child Meal Pattern Tables

The minimum amount of food components must be served or offered.

Child Care Meal Pattern

Breakfast Select All Three Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk² fluid milk	1/2 cup	3/4 cup	1 cup
1 fruit/vegetable juice, ³ fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
1 grains/bread⁴ bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column. ² Milk served must be low-fat (1%) or non-fat (skim). ³ Fruit or vegetable juice must be full-strength. ⁴ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.			

Note: Whole or reduced fat (2%) fluid milk may be served to participants' age one year old. After age two, all participants must be served fluid low-fat (1%) or skim (nonfat) milk.

Child Care Meal Pattern

Lunch or Supper Select All Four Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk² fluid milk	1/2 cup	3/4 cup	1 cup
2 fruits/vegetables juice, ³ fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
1 grains/bread⁴ bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
1 meat/meat alternate meat or poultry or fish ⁵ or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds ⁶ or yogurt ⁷	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1/2 oz. 4 oz.	1½ oz. 1½ oz. 1½ oz. 3/4 3/8 cup 3 Tbsp. 3/4 oz. 6 oz.	2 oz. 2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.
¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column. ² Milk served must be low-fat (1%) or non-fat (skim). ³ Fruit or vegetable juice must be full-strength. ⁴ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁶ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. ⁷ Yogurt may be plain or flavored, unsweetened or sweetened.			

Note: Whole or reduced fat (2%) fluid milk may be served to participants' age one year old. After age two, all participants must be served fluid low-fat (1%) or skim (nonfat) milk.

Child Care Meal Pattern

Snack Select Two of the Four Components for a Reimbursable Snack			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk² fluid milk	1/2 cup	1/2 cup	1 cup
1 fruit/vegetable juice, ³ fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
1 grains/bread⁴ bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
1 meat/meat alternate meat or poultry or fish ⁵ or alternate protein product or cheese or egg ⁶ or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt ⁷	1/2 oz. 1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1/2 oz. 1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1 oz. 4 oz.
¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column. ² Milk served must be low-fat (1%) or non-fat (skim). ³ Fruit or vegetable juice must be full-strength. ⁴ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁶ One-half egg meets the required minimum amount (one ounce or less) of meat alternate. ⁷ Yogurt may be plain or flavored, unsweetened or sweetened.			

Note: Whole or reduced fat (2%) fluid milk may be served to participants' age one year old. After age two, all participants must be served fluid low-fat (1%) or skim (nonfat) milk.

Adult Meal Pattern Tables

The Adult Meal Pattern Tables below lists the minimum required number of servings and serving size of each meal pattern component that must be offered to all participants for each meal type served.

Adult Care Meal Pattern

Breakfast Select All Three Components for a Reimbursable Meal		
1 milk ¹	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice, ² fruit and/or vegetable
1 grains/bread ³	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
¹ Milk served must be low-fat (1%) or non-fat (skim). ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.		

Adult Care Meal Pattern

Lunch Select All Four Components for a Reimbursable Meal		
1 milk ¹	1 cup	fluid milk
2 fruits/vegetables	1 cup	juice, ² fruit and/or vegetable
1 grains/bread ³	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
1 meat/meat alternate	2 oz. 2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.	lean meat or poultry or fish ⁴ or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds ⁵ or yogurt ⁶
¹ Milk served must be low-fat (1%) or non-fat (skim). ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement. ⁶ Yogurt may be plain or flavored, unsweetened or sweetened.		

Adult Care Meal Pattern

Supper Select All Three Components for a Reimbursable Meal		
2 fruits/vegetables	1 cup	juice, ¹ fruit and/or vegetable
1 grains/bread ²	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
1 meat/meat alternate	2 oz. 2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.	lean meat or poultry or fish ³ or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds ⁴ or yogurt ⁵
¹ Fruit or vegetable juice must be full-strength. ² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ³ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁴ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the supper requirement. ⁵ Yogurt may be plain or flavored, unsweetened or sweetened.		

Adult Care Meal Pattern

Snack Select Two of the Four Components for a Reimbursable Snack		
1 milk ¹	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice, ² fruit and/or vegetable
1 grains/bread ³	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
1 meat/meat alternate	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1 oz. 4 oz.	lean meat or poultry or fish ⁴ or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds or yogurt ⁵
¹ Milk served must be low-fat (1%) or non-fat (skim). ² Fruit or vegetable juice must be full-strength. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁵ Yogurt may be plain or flavored, unsweetened or sweetened.		

Additional food

To improve the nutrition of participating children over 1 year of age, additional foods may be served with each meal as follows:

(Note: additional reimbursement is not available for additional foods offered to participants.)

BREAKFAST

- Include as often as practical one-half egg; or
- A 1-ounce serving (edible portion as served) of meat, poultry or fish; or
- 1-ounce of cheese; or
- 2 tablespoons of peanut butter; or
- 4 oz. of yogurt; or an equivalent quantity of any combination of these foods.

LUNCH, SUPPER OR SNACK

- Additional foods may be served as desired.

Individual substitutions

Substitutions may be made in food if individual participants are unable, because of medical or other special dietary needs, to consume such foods. Substitutions because of medical needs shall be made only when supported by a statement from a recognized medical authority which includes recommended alternate foods.

SDE recognizes the following medical authorities: Licensed physicians (MD), Physician's Assistants (PA), Registered Dietitians (RD), and Registered Nurses (RN).

Medical Statements for Food Substitutions Form

A completed Medical Statement for Food Substitutions Form is required for any participant who is served meals that contain a substitute due to a medically documented reason when the substitution eliminates a required meal pattern food component. Institutions and facilities must have a Medical Statement for Food Substitutions Form on file for the participant receiving the substitute meal. If the form is not completed and on file the Institution or facility may not claim the meal for reimbursement.

The Medical Statement for Food Substitutions Form authorizing food substitutions for a participant who is medically certified as having a special dietary need must be completed by a recognized medical authority and must include:

- Statement of the medical or other special dietary condition which restricts the participant's diet;
- The food or foods to be omitted from the participant's diet; and
- The food or choice of foods to be substituted.

When the Institution or facility chooses to provide substitute foods as authorized by a recognized medical authority on the Medical Statement for Food Substitutions Form, the Institution or facility cannot require the parent/guardian or adult participant to pay for substitute foods nor require the parent/guardian or adult participant to provide substitute foods prescribed by the recognized medical authority.

The Institution or facility may not claim meals for reimbursement when a substitution to the regular CACFP meal pattern results in a missing meal component and there is no completed Medical Statement for Food Substitutions Form on file authorizing the food substitution.

Note: Milk substitutions that are made due to special dietary needs or a parent/guardians preference that are not due to a disability must be nutritionally equivalent to milk, even if accompanied by a medical statement or parent/guardians written request. The Institution or facility can make such substitutions at its discretion and are made at the expense of the Institution or facility.

MILK NUTRIENTS FOR MILK SUBSTITUTIONS IN CNP

Nutrient	Nutrients per Cup		RDI	%DV
Potassium	349	mg	3500 mg	10%
Protein	8	g	50g	16%
Vitamin A	500	IU	5000 IU	10%
Calcium	276	mg	1000 mg	27.60%
Vitamin D	100	IU	400 IU	25%
Riboflavin	0.44	mg	1.7 mg	25.90%
Vitamin B-12	1.1	mcg	6.0 mcg	18.30%
Phosphorus	222	mg	1000 mg	22.20%
Magnesium	24	mg	400 mg	6%

Taken from NSLP Regulation 210.10 (m)

AS of 12/17/2014, the following are products you can purchase in Idaho which meet the nutritional requirements:

1. 8th Continent Original and Vanilla Soymilk
2. Pacific Natural Ultra Soy Original and Vanilla
3. West Soy Organic Plus Plain
4. Kirkland Organic Soymilk Plain
5. Great Value Original Soymilk
6. Pearl Organic Smart Original, Vanilla or Chocolate
7. Silk Original Soymilk Plain

For additional information, see FNS Instruction 783-2 *Accommodating Children with Special Dietary Needs*, and CACFP 21-2011 *Revised-Child Nutrition Reauthorization 2010: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions*, September 15, 2011.

FOOD SUBSTITUTIONS FOR PARTICIPANTS WITH DISABILITIES

Federal law requires USDA Child and Adult Care Food Programs to make food substitutions for required meal components for participants who are unable to eat the regular CACFP meal because of a disability when the disability restricts their diet, and a licensed physician (M.D.), physician assistant, nurse practitioner, or dentist certifies the need.

Documentation must be on file authorizing food substitutions that eliminate required meal pattern components in reimbursable meals. The documentation must be provided and signed by a licensed physician (M.D.), physician assistant, nurse practitioner, or dentist and must include:

- The child's or adult participant's disability and the major life activity affected by the disability;
- An explanation of how the disability restricts the child's or adult participant's diet;
- The food or foods to be omitted from the child's or adult participant's diet; and
- The food or choice of foods that must be substituted.

The Institution or facility cannot require the parent/guardian or adult participant to pay for substitute foods nor require the parent/guardian or adult participant to provide substitute foods prescribed by the licensed physician, physician assistant, nurse practitioner, or dentist or a participant with a disability.

Special Meal Variations

FNS may approve variations in the food components of the meals on an experimental or a continuing basis in any Institution or facility where there is evidence that such variations are nutritionally sound and are necessary to meet ethnic, religious, economic, or physical needs. Institutions and facilities must have a written policy for making meal variations for the above reasons and must offer the option for meal variations to all participants in their facilities. If the meal variations are made for individual participants a written request from the participant's parent or guardian must be on file to support the meal substitutions.

Meals with special variations must contain the following food components:

- Breakfast components: Milk, Grain/Bread, Vegetable/Fruit
- Lunch and Supper components: Milk, Grain/Bread, Meat/Meat Alternate, and 2 servings of Vegetable/Fruit
- Snacks: food from two different food component groups.

Crediting Infant Meals

To claim an infant's meal for CACFP reimbursement, the specific foods served must be creditable. Many foods that are allowed in older children's meal patterns are not creditable for infants. Dry infant cereal must be iron fortified and served with a spoon. Commercial infant foods or foods made at the Institution or facility may not combine components. Only plain fruits, vegetables, and meats are creditable infant meal pattern components.

For more information on creditable foods in the infant menu pattern, infant development, infant nutritional requirements, breastfeeding and formula feeding, safe food handling and food preparation, and choking prevention please refer to Team Nutrition's "Feeding Infants- a Guide for Use in the Child Nutrition Programs".

Crediting Child and Adult Meals

Creditable foods are foods that may be counted toward meeting meal pattern requirements for a reimbursable meal.

Non-creditable foods (sometimes called "other foods") are foods that do not meet any meal pattern component requirement. Non-creditable foods may be served in addition to required meal pattern components in reimbursable meals, unless the food is specifically prohibited in the CACFP.

The USDA Food Buying Guide (FBG) and the FNS Crediting Handbook are the ultimate references for crediting meal components in CACFP meals. The FBG is the principal tool to determine the contribution that foods make toward meal requirements regardless if foods are produced on site or purchased commercially. The Crediting Handbook is a supplementary resource to the Food Buying Guide with additional information on creditable foods in CACFP. Please note the Crediting Handbook does not replace the Food Buying Guide, but is a valuable supplement.

The FBG is used to determine how much food to purchase or prepare for the number of portions planned, or how to credit one portion of a recipe. The FBG is divided into sections according to meal pattern components: Meat/Meat Alternate, Vegetables/Fruits, Grains/Breads, and Milk. Each section provides information on how to determine the creditable amount or the number of servings of a given size from each purchase unit of the food. For example, the FBG specifies one pound of raw ground beef with no more than 20% fat will provide 11.8 one ounce portions of cooked, drained lean meat.

Note: Section 5 in the FBG titled, Other Foods contains yield information for foods that are not creditable in the CACFP. Foods in this section do not count toward reimbursable meals.

CREDITING GRAINS/BREADS

Breads and grain foods must be whole grain or enriched, or made from whole grain or enriched meal and/or flour. Whole grain meal or flour is made by grinding the entire grain kernel. Bran and germ are credited the same as enriched or whole grain meal or flour. Cereal grains must be whole grain or enriched or fortified.

Enriched means additional iron, thiamin, riboflavin, niacin and folic acid have been added because these nutrients were removed from the product during the processing stage.

Fortified means additional iron, thiamin, riboflavin, niacin, and folic acid have been added because they were not included in the original form.

The primary grain ingredient (the first grain ingredient listed) on the ingredient statement of commercially manufactured Grain/Bread foods must state it is whole grain or enriched to be creditable. If the primary grain ingredient appears to be whole grain but it is not designated as whole grain on the product label, and the primary grain ingredient is not enriched, the Institution or facility must obtain documentation from the manufacturer stating that the primary grain ingredient is whole grain or enriched before crediting the food toward the Grains/Breads meal pattern component.

Grain/Bread items must serve the customary function of bread in a meal. For a lunch or supper, this means that the item must be served as an accompaniment to the main dish (Example: dinner roll), or served as a recognizable, integral part of the main dish (Examples: spaghetti pasta with meat sauce, or a main dish pie crust).

The USDA chart for crediting most common Grain/Bread items is in the Food Buying Guide in the Grains and Breads section. The chart categorizes Grain/Bread products into groups according to the amount of grain in each item and lists creditable serving sizes for each group.

For Grain/Bread items not on the USDA chart, creditable serving sizes can be determined based on the grain content specified by a recipe or product formulation statement. Contact a SDE CACFP coordinator for assistance with crediting Grain/Bread food items that are not listed on the USDA chart.

To be credited toward the Grain/Bread component in the meal pattern requirement a food item must provide a minimum of one-quarter of a serving of a Grain/Bread equivalent.

CREDITING MEAT/MEAT ALTERNATES

Meat includes lean meat, poultry or fish. Meat alternates include cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters, and alternate protein products (APP). Yogurt is creditable as a Meat/Meat Alternate for participants one year and older and adult participants. Meat/Meat Alternate foods must be served in a main dish, or in a main dish and one other item, to meet the Meat/Meat Alternate meal pattern component requirement.

To be counted toward meeting any part of the Meat/Meat Alternate requirement, a food item must provide a minimum of ¼ ounce cooked lean meat or meat equivalent. The rest of the required Meat/Meat Alternate serving must be met by adding other Meat/Meat Alternate foods.

A serving of cooked meat is considered to be lean meat without bone.

A serving of yogurt includes commercially prepared plain or flavored yogurt, unsweetened or sweetened. Yogurt in smoothies at lunch or snack may count toward the meat/meat alternate component for children ages one and older and adult participants to meet the meal pattern per policy memo CACFP 05-2014(v.2). Frozen yogurt, yogurt bars and yogurt-covered snack bars are not creditable as a Meat/Meat Alternate.

Nuts and seeds may fulfill no more than one-half of the Meat/Meat Alternate requirement for lunch and supper but may fulfill the entire Meat/Meat Alternate requirement for a snack. One ounce of nuts or seeds is equal to one ounce of cooked lean meat. Acorns, coconut and chestnuts are not creditable as Meat/ Meat Alternates.

Alternate Protein Product (APP) is an ingredient mixed/made into such foods as ground beef patties, meat loaf, tuna salad, chicken nuggets, pizza toppings, etc.

Note: Tofu is not a creditable APP since there is no standard of identity for tofu.

Reference the Food Buying Guide and the Crediting Guide for the CACFP for additional guidance.

CREDITING VEGETABLES/FRUITS

Institutions and facilities are required to serve a vegetable and/or fruit as a component for each reimbursable breakfast and may choose to serve a vegetable or a fruit as one component of snack. Reimbursable lunches/suppers require two or more servings of a different vegetable and/or fruit (may not be two servings of the same food).

Items that are mixtures of multiple vegetables and/or fruits (for example, fruit salad, vegetable medley, etc.) only count as one vegetable/fruit serving. For example, fruit cocktail may count as only one fruit serving; mixed peas and carrots may count as only one vegetable serving.

Mixed dishes containing at least $\frac{3}{4}$ cup or more of each different fruit/vegetable in combination with a meat/meat alternate are considered two servings of the vegetable/fruit component and meet the full requirement. Each vegetable or fruit in a combination dish or garnishes must be at a minimum a $\frac{1}{8}$ cup to be count toward part of the Vegetable/Fruit meal pattern requirement. For example, vegetable soup must have at least $\frac{1}{8}$ cup of vegetables per serving to count toward the Vegetable/Fruit meal pattern component requirement. Lettuce on a sandwich must be at least $\frac{1}{8}$ cup equivalent to count toward the Vegetable/Fruit meal pattern requirement.

Fresh, frozen, or canned fruit or vegetables, 100% fruit or vegetable juice, and 100% fruit and vegetable blends may be credited toward the meal pattern when contained in smoothies. Pureed vegetables and fruits, when served in a smoothie, credit as juice, and as such are subject to the limitations (i.e. not more than one-half of the minimum vegetable/fruit meal pattern requirements for lunch or supper meals. Policy memo (SP10 CACFP05 SFSP10 2014 v2) on the crediting of vegetables in smoothies applies in the breakfast and lunch meals, including afterschool snacks.

Cooked beans or peas may be counted as a Vegetable/Fruit component or as a Meat/Meat Alternate component, but cannot be counted toward both meal pattern component requirements in the same meal.

A serving of cooked vegetables means drained vegetables.

A serving of cooked, canned or thawed frozen fruit means fruit with its juices.

Home canned vegetables and fruits are not creditable.

Fruit and vegetable juice must be 100 percent juice or CN labeled. It may be fresh, canned, frozen or reconstituted from concentrate to its full-strength form. Full-strength fruit and vegetable juice is creditable toward the Vegetable/Fruit meal pattern component under the following conditions:

- Fruit and vegetable juice must be pasteurized.
- Fruit or vegetable juice may be used to meet no more than one-half of the minimum Vegetable/Fruit meal pattern requirement for lunch or supper meals.
- Fruit juice may not be credited toward fulfilling the Snack meal pattern requirement when milk is the only other component served.
- CN labeled 100 % fruit and vegetable juice blends are credited as stated on the CN label statement

CREDITING MILK

Fluid milk must be served to meet the Milk meal pattern component requirement. Milk must be pasteurized; vitamin A and D fortified, and meet FNS standards for fluid milk. Flavored or unflavored, low-fat (1%) milk, skim (nonfat) milk or lactose-free milk, are creditable. Breast milk is considered fluid milk in the CACFP infant meal pattern.

Whole or reduced fat (2%) milk may be served to participants' age one year old. After age two, all participants must be served fluid low-fat (1%) or skim (nonfat) milk.

Milk used in cooked cereals, puddings, soups, or other foods may not be credited toward the Milk component in the meal pattern requirement.

Milk contained in smoothies at breakfast prepared in-house may be credited toward the milk component if the milk used meets the requirements for fluid milk above per policy memo CACFP 05-2014 (v.2).

When smoothies contributing to the fluid milk component are served, it is critical that the Institution staff continue to offer fluid milk and monitor milk consumption to ensure that the service of smoothies does not compromise participant's consumption of milk. It is also important to recognize that the addition of yogurt to a smoothie does not serve as a substitution for fluid milk, which must continue to be offered separately to meet the milk component requirement.

COMBINATION FOODS

Combination foods contain foods from more than one food group (Examples: casserole dishes, soups, and breaded meat items). Combination food dishes may be credited for no more than three different meal pattern components in a meal. If all components have been properly documented via a CN label, product formulation statement or standardized recipe up to one meat/meat alternate component, one grain component and ½ of the vegetable/fruit component may be counted toward the meal pattern.

Example: A CN labeled commercially prepared pizza that contains the crust, cheese and/or meat and a vegetable/fruit may credit for grain, meat/meat alternate and ½ of the vegetable/fruit components of the meal. The other ½ serving of the vegetable/fruit component will need to be provided separately to meet the full serving component.

Combination foods may be homemade or commercially prepared. If the combination food is homemade the Institution or facility must have a written standardized recipe to prepare the food item. To count a homemade combination food item toward meal pattern component requirements, the standardized recipe must document the amount of creditable ingredients in the product. Please refer to the Menu and Production Record section of this manual for more information on standardized recipes.

For commercially prepared combination food items on the menu, the Institution or facility must have a Child Nutrition (CN) Label or documentation from the food manufacturer in the form of a Product Formulation Statement that certifies the amount of creditable ingredients in the product.

Child Nutrition (CN) Labeling Program

The Child Nutrition (CN) Labeling Program is a voluntary technical assistance program administered by the Food and Nutrition Service (FNS) in conjunction with the Food Safety and Inspection Service (FSIS), and Agricultural Marketing Service (AMS) of the U.S. Department of Agriculture (USDA) and National Marine Fisheries Service of the U.S. Department of Commerce (USDC) for the Child Nutrition Programs. This program essentially involves the review of a manufacturer's recipe or product formulation to determine the contribution

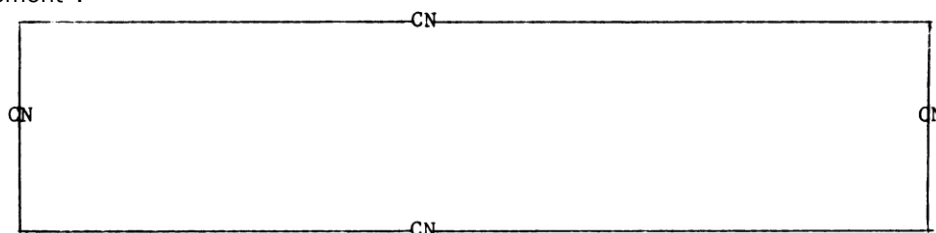
a serving of a commercially prepared product makes toward meal pattern requirements and a review of the CN label statement to ensure its accuracy.

Products eligible for CN labels are as follows:

- Commercially prepared food products that contribute significantly to the meat/ meat alternate component of meal pattern requirements of 7 CFR 210.10, 225.21, and 226.20 and are served in the main dish.
- Juice drinks and juice drink products that contain a minimum of 50 percent full- strength juice by volume.

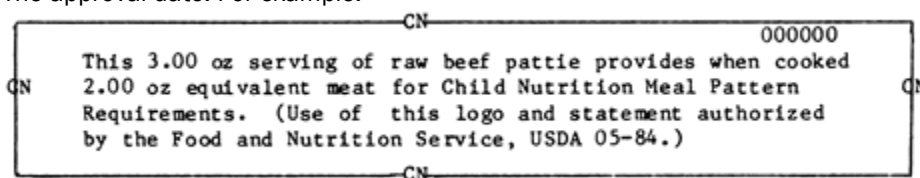
The following definitions apply:

- CN label is a food product label that contains a CN label statement and CN logo as defined in the paragraph below.
- The CN logo (as shown below) is a distinct border which is used around the edges of a “CN label statement”.



The CN label statement includes the following:

1. The product identification number (assigned by FNS),
2. The statement of the product's contribution toward meal pattern requirements of 7 CFR 210.10, 220.8, 225.21, and 226.20. The statement shall identify the contribution of a specific portion of a meat/meat alternate product toward the meat/meat alternate, bread/bread alternate, and/or vegetable/fruit component of the meal pattern requirements.
3. For juice drinks and juice drink products the statement shall identify their contribution toward the vegetable/fruit component of the meal pattern requirements.
4. Statement specifying that the use of the CN logo and CN statement was authorized by FNS, and
5. The approval date. For example:

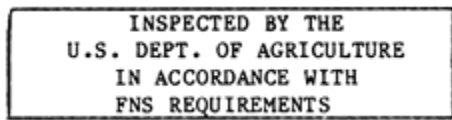


Federal inspection means inspection of food products by FSIS, AMS or USDC.

Food processors or manufacturers may use the CN label statement and CN logo under the following terms and conditions:

- The CN label must be reviewed and approved at the national level by the Food and Nutrition Service and appropriate USDA or USDC Federal agency responsible for the inspection of the product.
- The CN labeled product must be produced under Federal inspection by USDA or USDC. The Federal inspection must be performed in accordance with an approved partial or total quality control program or standards established by the appropriate Federal inspection service.
- The CN label statement must be printed as an integral part of the product label along with the product name, ingredient listing, the inspection shield or mark for the appropriate inspection program, the establishment number where appropriate, and the manufacturer's or distributor's name and address.

The inspection marking for CN labeled non-meat, non-poultry, and non-seafood products with the exception of juice drinks and juice drink products is established as follows:



Yields for determining the product's contribution toward meal pattern requirements must be calculated using the Food Buying Guide for Child Nutrition Programs (Program Aid Number 1331).

Note: Some CN labeled food products require a very large portion size to meet minimum Meat/Meat Alternate meal pattern requirements. For this reason, some CN labeled food products may not be good menu items for Child and Adult Care Food Programs serving young participants. Be sure to check CN labels for serving sizes to determine if the product is suitable for your Program.

In the event a company uses the CN logo and CN label statement inappropriately, the company will be directed to discontinue the use of the logo and statement and the matter will be referred to the appropriate agency for action to be taken against the company.

Products that bear a CN label statements carry a warranty. This means that if a food service authority participating in the child nutrition will not have an audit claim filed against it for the CN labeled product for noncompliance with the meal pattern requirements of 7 CFR 210.10, 220.8, 225.21, and 226.20. If a State or Federal auditor finds that a product that is CN labeled does not actually meet the meal pattern requirements claimed on the label, the auditor will report this finding to FNS. FNS will prepare a report of the findings and send it to the appropriate divisions of FSIS and AMS of the USDA, National Marine Fisheries Services of the USDC, Food and Drug Administration, or the Department of Justice for action against the company. Any or all of the following courses of action may be taken:

1. The company's CN label may be revoked for a specific period of time;
2. The appropriate agency may pursue a misbranding or mislabeling action against the company producing the product;
3. The company's name will be circulated to regional FNS offices;
4. FNS will require the food service program involved to notify the State agency of the labeling violation.

Institutions and facilities must keep records of original CN Labels, or photocopies or photographs of the original CN Labels to provide at program reviews as acceptable and valid documentation. Photocopies or photographs of the CN Label shown attached to the product carton are acceptable documentation. CN Labels that are photocopied or photographed must be visible and legible.

Watermarked CN labels, if the original CN label, or the valid photograph or photocopy of the original CN Label **is not** available, Institutions may provide the Bill of Lading (invoice) containing the product name **and**:

1. A hard copy of the CN Label copied with a watermark displaying the product name and CN number provided by the vendor; or
2. An electronic copy of the CN Label with a watermark displaying the product name and CN number provided by the vendor.

Since CN Labeled products provide Institutions and facilities with a warranty against audit claims when the product is used according to the manufacturer's instructions, SDE will not request a Product Formulation Statement or additional crediting information when a valid CN Label or watermarked CN label with Bill of Lading (invoice) is provided during a Program review.

Manufacturer's Product Formulation Statement (PFS)

A Product Formulation Statement will provide specific information about the product and show how the credit is obtained citing CN program resources and /or regulations. The statement must be obtained from the food

manufacturer, and is not a nutrition label or a product spec sheet from a salesperson. The product formulation statement for a commercially prepared combination food product must be on the manufacturer's letterhead and include:

- Product name and product code
- A description of all ingredients, i.e. grain products must be specified whole grain or enriched;
- The ingredient weight per serving of each ingredient to be credited;
- The weight of ingredients specified as raw or cooked weight; and
- The weight or volume of the product serving size, or the number of pieces per serving.
- Manufacturer's authorized individual name, signature and telephone number

SDE encourages Institutions and facilities to review product literature carefully since the Institution or facility is responsible if the menus they serve do not meet meal pattern requirements. It is important to note that CN Labeled products provide Institutions and facilities with a warranty against audit claims when the product is used according to the manufacturer's instructions. A Product Formulation Statement does not provide any warranty against audit claims.

When purchasing a processed product without a CN Label, an Institution or facility may request a signed Product Formulation Statement on manufacturers' letterhead that demonstrates how the processed product contributes to the meal pattern requirements. The Institution or facility must keep records of supporting documentation. It is the Institution's and facility's responsibility to request and verify that the supporting documentation is accurate.

TIP Sheet for Accepting Processed Product Documentation

CN Labels, factsheets, and product labels provide a way for food manufacturers to communicate with Institutions and facilities about how their products may contribute to the meal pattern requirements for meals served under the Department of Agriculture's (USDA) Child Nutrition (CN) programs. Below are tips for acceptable documentation:

CN LABELED PRODUCTS

- The CN Label provides a warranty against audit claims when the product is used according to the manufacturer's direction.
- Institutions and facilities may submit an original CN Label, or a photocopy or photograph of the original CN Label during a program review as acceptable and valid documentation. If using a photocopy or photograph of the CN label, please be sure to follow the criteria below:
 - ✓ Photocopies of the CN label must be shown attached to the original product carton; or
 - ✓ Photographs of the CN label must be shown attached to the original product carton.
 - ✓ CN Labels that are photocopied or photographed must be fully visible and legible.
- When a valid CN logo and crediting statement is provided, SDE reviewers **will not** request a Product Formulation Statement or other additional crediting information.

WATERMARKED CN LABELS

- A CN label with a watermark is used when the CN logo and contribution statement are used on product information other than the actual product carton and is presented as a separate document.
- If the original CN label, or the valid photograph or photocopy of the original CN label **is not** available, program operators may provide the Bill of Lading (invoice) containing the product name **and**:
 - ✓ A hard copy of the CN label copied with a watermark displaying the product name and the CN number provided by the vendor; or
 - ✓ An electronic copy of the CN label with a watermark displaying the product name and CN number provided by the vendor.

PRODUCT FORMULATION STATEMENTS (PFS)/OTHER DOCUMENTATION

- PFS must be on signed letterhead that demonstrates how the processed product contributes to the meal pattern requirements.
- Templates for documenting meal components are available on the FNS website at: <http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>.
- PFS may be modified for various products contributing to more than one meal component. The crediting information for each meal component may be documented on the same PFS.
- Creditable ingredients listed in the PFS must match a description in the *Food Buying Guide* available at: <http://www.sde.idaho.gov/site/cnp/cacfp/FNSmanuals.htm>.
- PFS should verify that the product's contribution to the meal pattern requirements is not greater than the serving size of the product (i.e., a 2.15 ounce beef patty may not credit more than 2.00 ounce M/MA).
- PFS should assure that the creditable components are in the finished product.

Questions and Answers

CAN CENTERS OR DAY CARE HOMES USE MILK SUBSTITUTES PRESCRIBED ON THE MEDICAL STATEMENT FORM WHEN A MILK INTOLERANCE OR ALLERGY IS INDICATED?

Yes, if the milk substitution prescribed is nutritionally equivalent to cow's milk then the Institution or facility may claim the meal or snack for reimbursement

No, if the milk substitution prescribed is **not** nutritionally equivalent to cow's milk, even if accompanied by a medical statement, then the Institution or facility may **not** claim the meal or snack for reimbursement.

The Institution or facility can make such substitutions at its discretion and are made at the expense of the Institution or facility. If the Institution or facility chooses to make substitutions, it may not discriminate on a case by case basis and must offer substitutions to any participant with a medical statement.

IF A MENU PLANNER USES A COMBINATION FOOD AT LUNCH OR SUPPER THAT HAS MEAT/MEAT ALTERNATE, GRAINS, AND VEGETABLES, CAN THEY COUNT ALL THREE COMPONENTS TOWARDS MEETING THE MEAL PATTERN?

Yes, if all components have been properly documented via a CN label, product formulation statement or standardized recipe. One meat/meat alternate component, one grain component and ½ of the vegetable/fruit component may be counted toward the meal pattern.

For example: A CN labeled commercially prepared pizza that contains the crust, cheese and/or meat and a vegetable/fruit may credit for grain, meat/meat alternate and ½ of the vegetable/fruit components of the meal. The other ½ serving of the vegetable/fruit component will need to be provided separately to meet the full serving component.

WHAT ARE THE IDAHO STATE STANDARDS FOR GOAT'S MILK?

Child Nutrition Program regulations state:

All fluid milk served in the Program must be pasteurized fluid milk which meets State and local standards for such milk.

All fluid milk must have vitamins A and D at levels specified by the Food and Drug Administration (FDA) (for cow's milk: vitamin A: 200 International Units per quart; vitamin D: 400 International Units per quart) and must be consistent with State and local standards for such milk.

FDA defines milk as follows: Milk is the lacteal secretion, practically free from colostrum, obtained by the complete milking of one or more healthy cows. The FNS position on crediting fluid milk for all CN Programs is that it should come from cows unless a State governing board considers goat milk to be included in their definition of fluid milk.

Idaho Department of Agriculture, the state governing board, operates under the Idaho Code on Rules Governing Grade A Milk and Milk Products (IDAPA 02, Title 04, Chapter 08) and incorporates by reference the definition of milk found in the *Grade "A" Pasteurized Milk Ordinance, 2011 revision*, which defines goat milk as "milk":

"...Goat milk is the normal lacteal secretion, practically free of colostrum, obtained by the complete milking of one (1) or more healthy goats. Goat milk sold in retail packages shall contain not less than 2 ½ percent milk fat and not less than 7 ½ percent milk solids, not fat. Goat milk shall be produced according to the sanitary standards of this Ordinance. The word "milk" shall be interpreted to include goat milk."

In Idaho, goat's milk is included in the definition of fluid milk and may be used if it is pasteurized, has vitamin A and D at levels specified by the Food and Drug Administration, and meets the milk fat requirement in CACFP: for children age 1: no requirement; for children age 2 and above: low-fat (1%), fat-free.

CAN GOAT'S MILK BE CREDITED AS FLUID MILK?

Maybe, because goat's milk is included in Idaho's definition of fluid milk, it can be credited as fluid milk and may be used if it is pasteurized, has vitamin A and D at levels specified by the Food and Drug Administration (vitamin A: 200 International Units per quart; vitamin D: 400 International Units per quart), and meets the milk fat requirement for CACFP. Because the definition of goat milk states that "goat milk sold in retail packages shall contain not less than 2 ½ percent milk fat" it can only be used for children age 1.

HOW CAN INSTITUTIONS FIND THE LIST OF APPROVED VENDORS AND PRODUCTS WITH CN LABELS?

Information on manufacturers and products are located on the Food and Nutrition Services (FNS) CN labeling web page at www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program

CAN INSTITUTIONS USE NFSMI'S FOOD BUYING GUIDE CALCULATOR FOR CHILD NUTRITION PROGRAMS ON THEIR MENU PRODUCTION RECORD?

No, the NFSMI's Food Buying Guide Calculator for Child Nutrition Programs is for the School Meal Program meal pattern and cannot be used for the Child and Adult Care Food Program.

IS THERE A LINK ON THE WEBSITE THAT LEADS DIRECTLY TO THE CORRECT FOOD BUYING GUIDE THAT NEEDS TO BE USED FOR CACFP?

Yes, on the SDE Child Nutrition website for CACFP the Food Buying Guide as a PDF is located at <http://www.sde.idaho.gov/site/cnp/cacfp/FNSmanuals/CACFP-SFSP%20Food%20Buying%20Guide.pdf>

ARE CN LABELS NEEDED FOR RAW WHOLE MEATS?

No, Institutions should use the Food Buying Guide for planning and crediting raw whole meats (chicken breast, beef roasts, pork chops etc.) towards the CACFP meal pattern.

THE USDA CREDITING HANDBOOK INDICATES THAT "ONLY LUNCHEON MEATS THAT ARE LISTED IN THE FOOD BUYING GUIDE OR HAVE A CN LABEL ARE CREDITABLE." DOES THIS MEAN A PRODUCT SPECIFICATION SHEET FROM THE MANUFACTURER, IF OBTAINABLE, WOULD NOT BE ACCEPTED? THE FOOD BUYING GUIDE ONLY INCLUDES A REFERENCE TO BOLOGNA; FOR CHICKEN, TURKEY, BEEF, HAM OR TURKEY HAM, "LUNCHEON MEAT" IS NOT MENTIONED IN THE COLUMN, "FOOD AS PURCHASED." ARE CENTERS AND HOMES LIMITED TO BOLOGNA OR CN LABELED PRODUCTS?

Deli (luncheon) meats such as turkey, ham, chicken or beef are not in the Food Buying Guide (FBG) because there are no standards of identity for those products. To be in absolute compliance with the regulations, only deli meats that are listed in the FBG or that have a CN label should be served. However, in lieu of a CN label, Product Formulation Statements (PFS) from manufacturers can be used to determine creditable amounts of those foods. Memo TA 07-2010 provides guidance on how to use PFS from manufacturers. Also, memo TA 05-2011 provides guidance on the use of shelf-stable, dry or semi-dry meat snacks, which do not credit and for which PFS sheets are not accepted.

ARE 100% FRUIT PRODUCTS REIMBURSABLE EVEN IF THEIR LABEL SAYS “DESSERT”?

100% fruit products are reimbursable even if their label includes the word “dessert”. FNS recognizes there may be some confusion because there is no definition of what constitutes a dessert. However, if an infant food product consists only of fruit (listed as the first ingredient) and water, then it is allowable regardless of what the label says.

CAN SMOOTHIES PREPARED BY OPERATORS BE OFFERED TO MEET THE FLUID MILK, MEAT/MEAT ALTERNATE, VEGETABLE, FRUIT, AND GRAIN COMPONENTS?

Milk may be credited toward the fluid milk requirement in smoothies prepared by program operators to meet meal pattern requirements for lunch and breakfast. Fruits and vegetables may be credited as juice (see below for additional information on juice and juice blends) in smoothies prepared by Institutions and facilities to meet meal pattern requirements for lunch and breakfast. Yogurt may be credited as a meat alternate in smoothies prepared by Institutions and facilities for children ages one and older and adult participants. Grains cannot be credited when served in a smoothie. For example, this 1½ cup blueberry, yogurt with milk smoothie could contribute the following to meal requirements:

Ingredient	Crediting
4 FL oz. fat free milk	½ c milk
½ c blueberry puree, frozen	½ c fruit juice
4 oz. low fat yogurt	1 oz. meat alternate

CAN SMOOTHIES INCLUDE GRAIN SUCH AS OATMEAL AND MEAT/MEAT ALTERNATES SUCH AS PEANUT BUTTER TO IMPROVE FLAVOR AND CONSISTENCY EVEN THOUGH SUCH INGREDIENTS IN SMOOTHIES DO NOT CONTRIBUTE TO MEAL PATTERN REQUIREMENTS?

Yes, yogurt is the only creditable meat/meat alternate allowed in a smoothie for children ages one and older and adult participants. Other (extra) ingredients in smoothies may be included but do not contribute to meal pattern requirements,

MUST SMOOTHIES INCLUDE THE FULL MILK AND FRUIT COMPONENT IF SERVED?

No, smoothies do not have to contain the full fluid milk and full fruit or vegetable meal pattern requirement. Program operators must always make certain that all components are offered in the required quantities to meet meal pattern requirements. The minimum creditable amount for fruits and vegetables is 1/8 cup as served. The minimum amount of creditable milk in a smoothie is one quarter cup.

WHAT TYPE OF MILK MUST BE USED WHEN MAKING SMOOTHIES?

The type of milk used in smoothies must be consistent with CNP guidance for each specific meal service and age group being served. For CACFP the types of allowable milk include low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored) for ages 2 and up. For children age 1, fluid milk (whole, 2%, 1% and fat-free) is allowable.

HOW DOES PUREED FRUIT OR VEGETABLE CREDIT TOWARD THE MEAL PATTERN REQUIREMENT?

The total volume of pureed fruit or vegetable, fruit juice, and/or vegetable juice included in a smoothie must be counted as juice toward the daily fruit/vegetable requirements. Program operators must limit the amount of juice offered to children to no more than half (50%) of the daily fruit/vegetable component at lunch in the CACFP. Pureed fruit or vegetable included in a smoothie may be counted as the entire daily fruit/vegetable component at breakfast in the CACFP. However, at snack, a smoothie containing juice and milk can credit as either juice or milk as long as there is a separate, second component served in addition to the fruit or vegetable and milk smoothie.

Additionally, crediting of fruit or vegetable is determined on a volume as served basis. Program operators should determine crediting based on the volume AFTER pureeing. For example, program operators may determine the volume of blueberry puree obtained from one cup of whole blueberries by separately pureeing the blueberries and recording the resulting amount of puree.

Pureed fruits and vegetables count as juice when offered in a smoothie; otherwise, pureed fruits and vegetables can be credited as fruit or vegetable when offered as a food, such as applesauce or in soup.

WHEN SMOOTHIES ARE OFFERED DURING A MEAL, DO ADDITIONAL FRUITS, VEGETABLES AND /OR MILK NEED TO BE OFFERED?

When smoothies are offered as part of any CNP meal, additional fruit, vegetable, meat/meat alternate and/or milk must be offered if the amount served in the smoothie does not fulfill the minimum serving sizes needed to meet the meal pattern requirements.

FNS strongly encourages program operators to offer additional fruit and vegetable options for children. This promotes variety. It would also allow a child that does not take a smoothie the option to select a fruit and/or vegetable.

HOW DO COMMERCIALLY PREPARED SMOOTHIES CREDIT TOWARD MEAL PATTERN REQUIREMENTS?

Commercially prepared smoothies may only credit toward the fruit or vegetable components. Prepackaged smoothies do not comply with the Food and Drug Administration (FDA) standard of identity for “milk” or “yogurt” and do not meet the CNP requirements for “fluid milk” or “yogurt.” When these products contain “milk” and/or “yogurt,” they may be labeled as “dairy beverage” or “dairy drink.” Therefore, milk or yogurt in a commercially prepared smoothie does not contribute toward federal meal requirements.

Prepackaged smoothies do not have a Federal standard of identity, which means that product formulation and labeling can vary widely. Some frozen fruit products may be labeled as “fruit smoothie” even though they may actually meet the Federal standard of identity for Frozen Desserts that do not qualify for contributing to the reimbursable meal as fruit. Fruit or vegetable purees made into a slush-type product may or may not have “smoothie” in the product name. Program operators should purchase products that have a label which includes a statement regarding the “percent juice content” required by the FDA for beverages made with fruit and/or vegetable juice or puree. For example, an 8.0 fluid ounce smoothie made from fruit puree with the juice content labeled as “contains 50% juice” would credit as 4.0 fluid ounces or ½ cup of juice. The volume of pureed fruit included in the commercially prepared smoothie may be counted as juice toward the daily fruit requirement. Smoothies with less than 100% juice content are the only instance when less than 100% juice may be offered for meeting federal meal requirements.

CAN SMOOTHIES CONTAIN NUTRITIONAL SUPPLEMENTS SUCH AS WHEY PROTEIN POWDER AND HERBAL SUPPLEMENTS SUCH AS GINKGO BILOBA?

No, smoothies with dietary and herbal supplements are not creditable for CNP. However, smoothies can be made with juice that has been fortified with vitamins and minerals such as orange juice with calcium and Vitamin D added.

CAN CONCENTRATED FRUIT PUREE AND CONCENTRATED FRUIT JUICE CONTRIBUTE TO MEAL REQUIREMENTS WHEN USED IN SMOOTHIES?

Concentrated fruit puree and concentrated juice can only be used in meeting federal meal requirements when they are reconstituted to full-strength fruit puree or full-strength juice. Without being reconstituted to the original strength, concentrated fruit puree and concentrated juice are considered to be added sugar.

ARE SMOOTHIES ALLOWED AT BREAKFAST AND LUNCH?

Yes, smoothies may be offered at any meal. It is not recommended to offer a smoothie at both breakfast and lunch on the same day.

DOES SOY YOGURT CREDIT TOWARD THE MEAT/MEAT ALTERNATE IN SMOOTHIES AT LUNCH?

No, only dairy yogurt can credit toward the meat/meat alternate in smoothies at lunch for CACFP.

DO CACFP INFANT FORMULAS HAVE TO BE APPROVED BY THE SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)?

No, CACFP infant formulas do not have to be approved by WIC. WIC's infant formula requirements vary slightly from CACFP's, including a higher iron requirement (1.5 mg of iron per 100 calories). Therefore, some infant formulas that may be creditable in CACFP, such as infant formulas with 1 mg of iron per 100 calories, may not be eligible in WIC.

WHAT IS AN "IRON-FORTIFIED" INFANT FORMULA?

There are currently two types of infant formula available in the United States, either "iron-fortified" or "low-iron." The Food and Drug Administration considers an infant formula to be "iron-fortified" if it has 1 milligram of iron or more per 100 kilocalories. A "low-iron" infant formula has less than 1 milligram of iron per 100 kilocalories. The American Academy of Pediatrics recommends formula-fed infants receive iron-fortified infant formula to prevent iron-deficiency anemia.

WHEN AN INFANT RECEIVES BOTH BREASTMILK AND FORMULA, IS THE MEAL ELIGIBLE FOR REIMBURSEMENT?

Yes. Meals served to infants younger than 12 months of age may contain iron-fortified infant formula, breastmilk, or a combination of both, as long as the total number of ounces offered to the infant meets or exceeds the minimum amount required in the CACFP infant meal pattern.

IF A PHYSICIAN OR STATE RECOGNIZED MEDICAL AUTHORITY PRESCRIBES WHOLE COW'S MILK AS A SUBSTITUTE FOR BREASTMILK OR INFANT FORMULA FOR AN INFANT YOUNGER THAN 12 MONTHS OF AGE, IS THE MEAL REIMBURSABLE?

For children younger than 12 months of age, cow's milk may be served as a substitute for breastmilk and/or infant formula, and be part of a reimbursable meal, if the substitution is supported by a medical statement signed and certified by a licensed physician (M.D.), physician assistant, nurse practitioner, or dentist. The statement must explain the need for the substitution and must be kept on file by the center or day care home.

FNS recognizes that infants have unique dietary needs and that decisions concerning diet during the first year of life are for the infant's health care provider and parents or guardians to make together.

ARE MEALS SERVED TO CHILDREN 12 MONTHS AND OLDER REIMBURSABLE IF THEY CONTAIN INFANT FORMULA?

Yes, for a period of one month, when children are 12 to 13 months of age, meals that contain infant formula may be reimbursed to facilitate the weaning from infant formula to cow's milk. While weaning, infants should be presented with both types of foods at the same meal service to gradually encourage acceptance of new food. Breastmilk continues to be considered an acceptable milk alternative for children over 12 months of age.

Meals containing infant formula that are served to children 13 months and older are reimbursable when it is

supported by a medical statement signed and certified by a licensed physician (M.D.), physician assistant, nurse practitioner, or dentist. The statement must explain the need for the substitution and must be kept on file by the center or day care home.

IF A PARENT SUPPLIES AN INFANT FORMULA THAT IS NOT IRON-FORTIFIED (“LOW-IRON”), WOULD SERVICE OF THIS PRODUCT REQUIRE A MEDICAL STATEMENT TO BE CREDITABLE TOWARDS A REIMBURSABLE INFANT MEAL?

Generally, infant formulas that are not iron-fortified are not reimbursable in the CACFP. However, infant formulas that are not iron-fortified may be served and creditable towards a reimbursable meal if the substitution is supported by a medical statement. The medical statement must explain the need for the substitution, indicate the recommended infant formula, and be signed and certified by a licensed physician (M.D.), physician assistant, nurse practitioner, or dentist. The statement must be submitted and kept on file by the center or day care home.

IS A MEAL REIMBURSABLE IF THE PARENT OR GUARDIAN PROVIDES THE MAJORITY OF THE MEAL COMPONENTS FOR INFANTS OLDER THAN THREE MONTHS?

Yes. FNS recognizes that infants have unique dietary needs and parents or guardians are often most in touch with their infant’s dietary preferences. Therefore, parents or guardians may choose to provide one or more of the meal components in the CACFP infant meal patterns for infants older than three months, as long as this is in compliance with local health codes. In order for a meal with parent or guardian provided components to be reimbursable the center or provider must provide at least one of the meal components in at least the minimum required serving size. Centers and sponsoring organizations must ensure that the parent or guardian is truly choosing to provide the preferred component(s) and that the center or provider has not requested or required the parent or guardian to provide the components in order to complete the meal and reduce cost to the center or provider.

IS YOGURT CREDITABLE IN THE INFANT MEAL PATTERN?

Yogurt is not and has never been a creditable food component in the CACFP infant meal pattern. The American Academy of Pediatrics recommends delaying the introduction of cow’s milk until 1 year of age and the Institute of Medicine recommends delaying the introduction of both cow’s milk and cow’s milk-based products, including yogurt, until 1 year of age. FNS will update the *Feeding Infants: A Guide for Child Nutrition Programs* (<http://www.fns.usda.gov/tn/feeding-infants-guide-use-child-nutrition-programs>) to reflect this policy because it currently lists yogurt as a meat/meat alternate that may be introduced starting at 8 months of age.

ARE FOODS THAT ARE CONSIDERED TO BE HIGHLY ALLERGIC OR FOODS THAT CONTAIN THESE HIGHLY ALLERGIC FOODS ALLOWED FOR INFANT MEALS?

Foods that contain one or more of the eight major food allergens identified by the FDA (milk, egg, fish, shellfish, tree nuts, peanuts, wheat, and soybeans) are allowed and can be part of a reimbursable meal. The American Academy of Pediatrics states there is no current convincing evidence that delaying the introduction of foods that are considered to be highly allergic has a significant positive effect on the development of food allergies. Even though most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, possibly life-threatening. With this in mind, it is good practice to check with parents or guardians of all infants to learn about any concerns of possible allergies and their preference on how solid foods are introduced.

ARE MIXED OR COMBINATION INFANT FOODS (E.G., INFANT DINNERS WITH VEGETABLES AND CHICKEN) REIMBURSABLE IN THE INFANT MEAL PATTERN?

Mixed or combination foods are not reimbursable in the infant meal pattern. It is extremely difficult to identify the required food components and prove that the amount of the food components in mixed infant foods meet the meal pattern requirements. Additionally, many infant mixed food products contain more ingredients that could possibly cause an allergic reaction in those children with allergies and may have added sugar that may promote the development of tooth decay as well as provide few nutrients.